

SAVE

**Suicide Awareness
Voices of Education**

**Toll Free
National Crisis Helpline
(a suicide prevention hotline)**

**1-888-SUICIDE
(1-888-784-2433)**

Warning Signs Of An Impending Suicide

A person may be suicidal if he or she:

- Appears depressed: is sad, tearful, confused, exhibits poor sleep patterns (sleeps too much, too little) and/or poor appetite (eats too much/too little), expresses lack of hope;
- Threatens suicide;
- Talks about wanting to die;
- Shows marked changes in behavior, appearance, or mood;
- Abuses drugs, alcohol;
- Has experienced a significant loss: a financial reversal, a loss of social status; a break-up in a relationship or a divorce;
- Deliberately injures self;
- Gives away possessions;
- Withdraws from social and outside activities.

**Pull out
Poster**